

# VETS QUARTERLY

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VSO Quarterly Newsletter

Volume No. 20

October, November, December 2023



A WORD FROM THE VETERANS SERVICES OFFICER

WESLEY TUCKER

## Global War on Terrorism and Desert Storm Veterans Appreciation Day

October 7, 2023

Now that we are coming into October, it is a great time to think about and thank those veterans of the Global War on Terrorism. After the terrible attacks on 9/11, the United States declared war and began the initial invasion of Afghanistan on October 7, 2001. This started the longest conflict the United States has ever been involved with. Soon after the initial invasion of Afghanistan, the United States invaded Iraq and worked to topple the Saddam regime. During the next 20 years, the United States would be sending our men and women in uniform to the Middle East to defend freedom from terrorist organizations such as Al Qaeda, the Taliban, and ISIS.

The fighting force of today is an all-volunteer force. Those in uniform have not been drafted as in previous wars but voluntarily signed up to defend freedom from enemies in faraway lands. Out of the entire population eligible to join the military, less than one percent enlist. As a result, the burden of defending freedom is undertaken by less than one percent of the population. This also means that many of those who volunteered are asked to go on multiple deployments. It is not uncommon for someone to have been deployed to the Middle East up to five different times. Not only is this a life-altering sacrifice for the individual, but also for their families.

On October 3rd, we will honor those who have volunteered and served in the Middle East at the Board of Supervisors Meeting. We will also honor the brave men and women deployed in Operation Desert Storm in the first Gulf War

The proclamation will be presented to SFC Matthew Hart on behalf of the Redding Army Recruiting Company. SFC Hart grew up in Shingletown and enlisted in the Army in Shasta County in 2008 as a tanker. He was deployed to Iraq and served in Korea. He has been married to his wife, Samantha, for 15 years and has a daughter, Christina, and a son, Noah. SFC Hart has given over 15 years of service to our Country, and we are honored to have him receive this proclamation on behalf of his unit.

**SFC Hart, Matthew J.**

**US Army Station Commander**

**Redding Recruiting Station**



# Veterans Services Community Care Partner

Marianne Seifert has been working with seniors and older adults in the Redding community for over two decades.

She graduated with a bachelor's degree in psychology and began her career as a social worker in a local skilled nursing facility. Her rewarding experience in skilled nursing inspired her to create her own placement service.

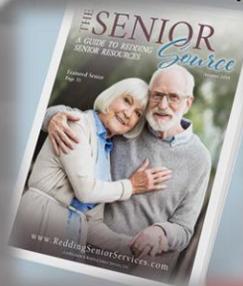
Marianne is the **ONLY** person the Veterans Services Office utilizes for our Veterans and their family members!

Her service assists seniors and their families through the process of selecting an appropriate assisted living or residential care facility by helping them to understand their options. Marianne answers many questions such as: "what is the difference between a skilled nursing facility and an assisted living facility" and "does insurance cover the cost?" We all know the placement process can be very overwhelming. Over the last 20 years, Marianne has gained significant knowledge and understanding of the community resources which has been incredibly valuable.

Marianne was inspired to write *The Senior Source* to educate the Redding community of not only placement options, but to provide information about many other beneficial resources for seniors and the issues they face in the aging process. Over the years she has learned the importance of creating awareness of local resources for seniors to receive the help they need, especially for those who may be new to the area. Marianne was so impressed by the number of local resources available, she wanted to make them more readily accessible to her community. The information provided is intended to create a proactive approach to healthcare, estate planning, housing, advance directives, and other matters of aging. Marianne believes the more informed you are, the more prepared you will be, and we agree.

VISIT HER WEBSITE AT [www.mariannesseniorplacement.com](http://www.mariannesseniorplacement.com)

Or Call 530-222-2250



Marianne's  
SENIOR PLACEMENT SERVICES



**\*Organizational**

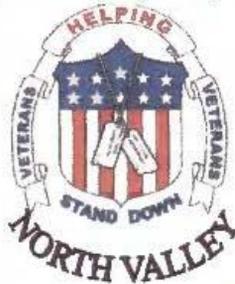
**Spotlight\***

North Valley Stand Down Association

# STAND DOWN 2023

October 19, 20, 21

**"For All  
Homeless  
Veterans"**



**"A Hand Up,  
Not A  
Hand Out"**

**Shasta District Fairgrounds - Inside Fusaro Hall & Trinity Hall  
Hwy 273 in Anderson California**

**REGISTRATION STARTS AT 8 AM Thursday & Friday**

*Homeless Veterans: women and men, active duty personnel, veterans and their significant others are welcome!*

## **FREE COMMUNITY SERVICES AVAILABLE AT THIS EVENT**

- TEMPORARY HOMELESS SHELTER (For Veterans & their Families & Pets)
- FOOD
- JOB SERVICES & UNEMPLOYMENT INSURANCE INFORMATION
- MEDICAL SERVICES
- COUNTY VETERANS SERVICE OFFICE
- SOCIAL SECURITY
- SHASTA CO. WOMENS REFUGE
- **PETS MUST BE REGISTERED BY 1pm ON FRIDAY**
- EVENT TRANSPORTATION(see chart below)

## **NO CLOTHING ISSUE UNTIL AFTER NOON ON FRIDAY FOR WALK INS.**

- DRIVER LICENSE & IDENTIFICATION INFORMATION – DMV
- DRUG & ALCOHOL COUNSELING
- VETERANS ADMINISTRATION BENEFIT INFORMATION
- GENERAL ASSISTANCE / CALWORKS & FOOD STAMPS
- ENTERTAINMENT & (MUCH MORE)
- CLOTHING & HYGIENE COMFORT KITS

## **ALL TRANSPORTATION ROUTES START AT THE FIRST STOP (1) AT 0800 – THURSDAY ONLY**

### **NORTHERN ROUTE**

1. Yreka, Fairgrounds at Armory
2. Mt. Shasta, Armory
3. Castella, Ammereiti's
4. Shasta Lake City, Chevron.
5. Redding VA Clinic

### **CENTRAL / WESTERN ROUTE**

1. Hayfork, VFW Hall
2. Weaverville, Tops/Holiday Market
3. Lake Blvd, Raley's Parking Lot
4. Redding, Post 1934 on Locust St.
5. Redding, Mission Hwy 273

### **SOUTHERN ROUTE**

1. Oroville, VFW Post 1747
2. Chico, Jesus Center
3. Chico, VA Clinic
4. Los Molinos, Umqua Bank
5. Red Bluff, Vets Hall
6. Cottonwood Chevron by Prk & Ride

**FOR MORE INFORMATION...CALL: (530) 737-8486**

**P.O. Box 492093 Redding, CA 96049-2093**

**On FB-northvalleystanddownassociation**

# WE SALUTE OUR VETERANS



**THANKS FOR  
YOUR SERVICE**



Veterans Day

30th Annual  
**SHASTA LAKE LIONS  
VETERANS**

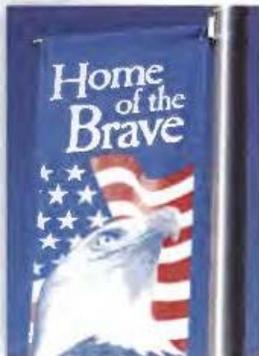
# DAY PARADE

**Honoring Our Military Now & Always**

**Saturday, Nov. 4, 2023- 10 a.m.**

**Hwy 151 / Shasta Dam Blvd., Shasta Lake, California**

Grand Marshal: Navy 3rd Class Chuck R. Goff



One of the many City of Shasta Lake light pole street banners honoring our veterans and current servicemen and women

Shasta Lake Firefighter's Association

## pancake

*Breakfast*

Sat., Nov. 4 ~ 7am to 10am

Shasta Lake Fire Protection District main fire hall  
4125 Ashby Court, Shasta Lake (Twin Towers Memorial)

Join us for  
Scrambled Eggs, Pancakes, Sausage,  
Coffee, Milk, Orange Juice  
275-7474 for more information



**NO ENTRY FEE FOR THE PARADE**  
although donations are always welcome.

Obtain a parade entry form at the  
Shasta Lake Chamber of Commerce website:

[shastalakeilions.blogspot.com](http://shastalakeilions.blogspot.com)

Or to obtain an entry form or for more information, call:  
John Bishop (530) 275-5530 or Ed Cuelkar (530) 275-6465

AMERICAN LEGION POST 720

## LUNCHEON

Sat., Nov 4 Immediately Following the Parade

**You Are  
Invited!**



530 275-8211

4309 Vallecito, Shasta Lake



Poster created by the  
Shasta Lake Bulletin  
Rain or Shine Event.

**Honoring Those  
Who Honorably Served**



Presented by the  
Shasta Lake Lions Club



# VA



# U.S. Department of Veterans Affairs

## **Next PACT Act deadline: Health care enrollment for Veterans who deployed to combat zones FOR IMMEDIATE RELEASE**

WASHINGTON —Veterans who deployed to a combat zone, **never enrolled in VA health care, and left active duty between Sept. 11, 2001 and Oct. 1, 2013 are eligible to enroll directly in VA health care.** This special enrollment period gives Veterans who served in Iraq, Afghanistan, and other combat zones an opportunity to enroll directly in VA health care without first applying for VA benefits.

VA encourages all of these Veterans to visit your local VSO and sign up for VA health care before the deadline. Veterans who are enrolled in VA health care are proven to have better health outcomes than non-enrolled Veterans, and VA hospitals have dramatically outperformed non-VA hospitals in overall quality ratings and patient satisfaction ratings. Additionally, VA health care is often more affordable than non-VA health care for Veterans.

*“Are you a Veteran who deployed to a combat zone but never enrolled in VA health care? If you left active duty between Sept. 11, 2001, and Oct. 1, 2013, you should sign up now,” said VA Secretary Denis McDonough. “Even if you don’t need this care now, you may need it in the future – and once you’re in, you have access for life. But don’t wait – the deadline is Sept. 30 —apply today.”*

Although this deadline is written into law for this specific group of Veterans, many other groups of Veterans are able to enroll directly in VA health care without first applying for VA benefits – including many Vietnam Veterans, Gulf War Veterans, Veterans who deployed to a combat zone and transitioned out of the service less than 10 years ago, and more. Veterans who do not meet any of the above criteria can often still access VA health care by filing for VA benefits or based on income. If a Veteran is granted service connection for any health condition, they become eligible for VA care.

VA is executing a nationwide campaign to ensure that as many Veterans as possible enroll before Sept. 30. This is the largest outreach campaign in VA history, which has one goal in mind: ensure that all Veterans – and their survivors – get the health care and benefits they deserve under the PACT Act.

**Monday**  
**October 9<sup>th</sup> @ 6:00pm**

**Last meeting of the year!**

**Agenda coming soon!**

# TOWN HALL MEETING

The Shasta County  
**V**eterans **S**ervices **O**ffice  
**Quarterly TOWN HALL Meetings**  
to be held in the BOS Chambers as a way  
for Veterans to have their voice heard.

The word “buttery” in the title refers to croissants, which make an especially rich foundation for this golden-topped baked breakfast classic. Toasting the croissants before building the casserole adds caramelized notes that can stand up to the bits of browned sausage, sage and melted Gruyere strewn throughout. Make this the night before a special breakfast or brunch, then pop it in the oven an hour before you plan to serve it.

## INGREDIENTS

Yield:

8 to 10 servings

1 pound croissants (about 5 to 7), split in half lengthwise

1 tablespoon extra-virgin olive oil, more for baking dish

1 bunch scallions (6 to 7), white and light green parts thinly sliced, greens reserved

$\frac{3}{4}$  pound sweet Italian sausage, casings removed

2 teaspoons finely chopped fresh sage

8 large eggs

3 cups whole milk

1 cup heavy cream

8 ounces Gruyère, grated (2 cups)

1  $\frac{1}{4}$  teaspoons kosher salt

1 teaspoon black pepper

# Buttery Breakfast Casserole



## PREPARATION

### Step 1

Heat oven to 500 degrees. Spread croissants on a large baking sheet and toast, cut side up, until golden brown, 5 to 10 minutes (watch carefully to see that they do not burn). Let cool, then tear into large bite-size pieces.

### Step 2

In a medium skillet over medium-high heat, warm the olive oil. Add sliced scallions and sausage meat; cook, breaking up meat with a fork, until mixture is well browned, about 5 minutes. Stir in sage and remove from heat.

### Step 3

In a large bowl, toss together croissants and sausage mixture. In a separate bowl, whisk together eggs, milk, cream, 1  $\frac{1}{2}$  cups cheese, salt and pepper.

### Step 4

Lightly oil a 9- x 13-inch baking dish. Turn croissant mixture into pan, spreading it out evenly over the bottom. Pour custard into pan, pressing croissants down gently to help absorb the liquid. Cover pan with plastic wrap and refrigerate at least 4 hours or overnight.

### Step 5

When you're ready to bake the casserole, heat oven to 350 degrees. Scatter the remaining grated cheese over the top of the casserole. Transfer to oven and bake until casserole is golden brown and firm to the touch, 45 minutes. Let stand 10 minutes. Garnish with sliced scallion tops before serving.



Please feel free to email questions or concerns to us at  
[vso@co.shasta.ca.us](mailto:vso@co.shasta.ca.us)

**Shasta County  
Veteran Services Office**  
Phone: 530-225-5616 Option #1

[www.shastacounty.gov/veterans](http://www.shastacounty.gov/veterans)

**Monday –Friday  
8:30am -11:30 am & 1:00pm – 4:00pm**